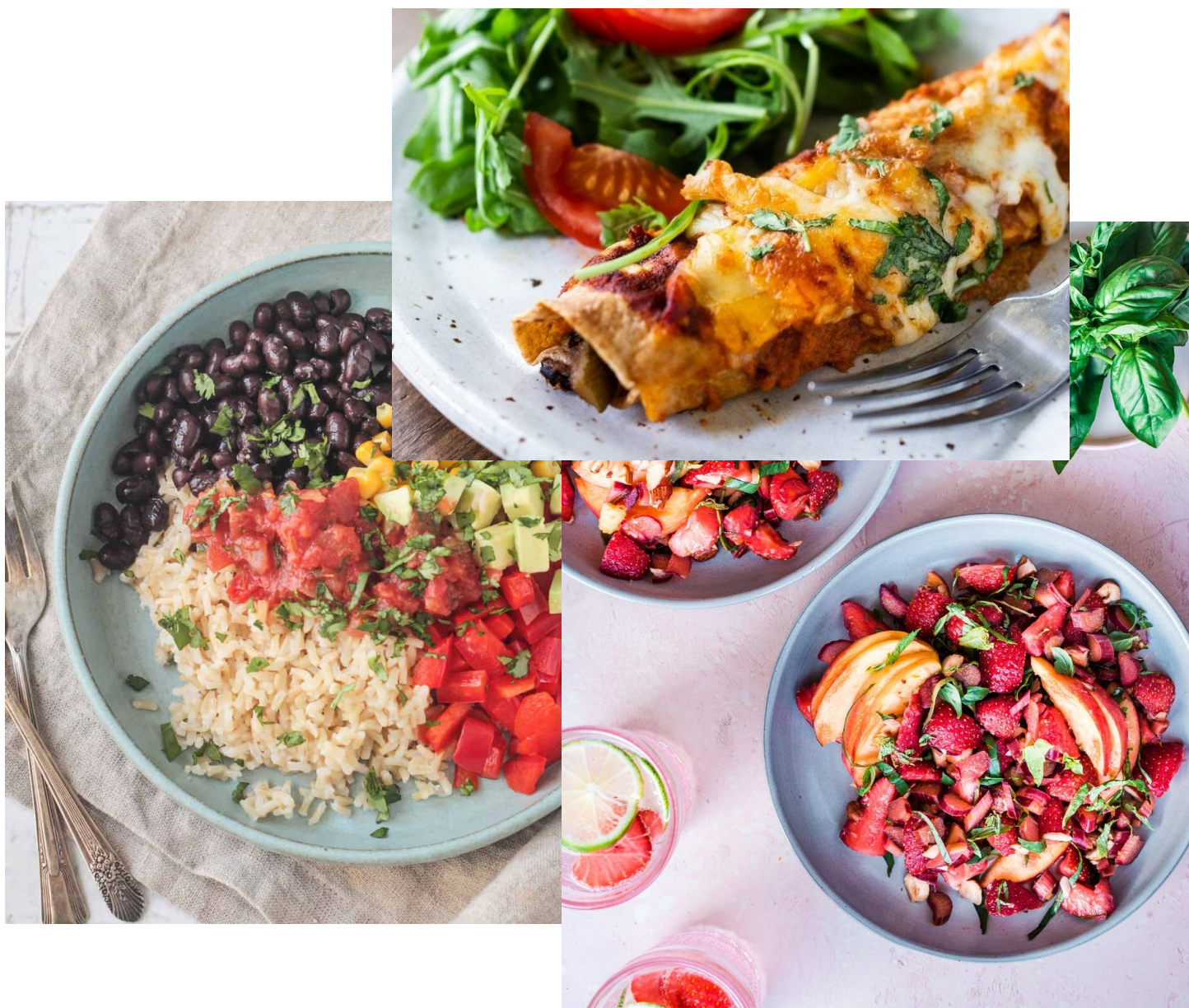


# COOKING FOR WELLNESS

## May 2022 Recipes



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# Mexican Rice Bowl

This lime-infused grain bowl brings together rice, richly flavored black beans, and a colorful roasted corn and radish salad. It is topped off with an easily prepared avocado-tomatillo dressing.

**Serves 4**

**Time: 50 minutes**

1½ cups white or long-grain brown rice  
Vegetable oil  
Salt  
3 cups water

## BEANS

2 tablespoons vegetable oil  
2 cups chopped onions  
1 tablespoon minced or crushed garlic  
1 teaspoon salt  
2 teaspoons ground coriander  
2 teaspoons ground cumin  
2 (15-ounce) cans black beans, undrained  
1 cup fresh orange juice  
½ teaspoon freshly ground black pepper

## CORN AND RADISH SALAD

2 cups corn kernels, fresh or thawed frozen  
2 tablespoons vegetable oil  
1 teaspoon ground cumin  
½ teaspoon salt  
4 thinly sliced red radishes  
4 thinly sliced scallions (white and green parts)  
¼ cup fresh lime juice

## DRESSING

½ cup water  
2 cups chopped tomatillos  
1 Hass avocado  
¼ to ½ seeded jalapeño  
2 tablespoons fresh lime juice  
½ teaspoon salt, or more to taste  
¼ cup chopped fresh cilantro

To prepare the rice: If using brown rice, sauté the grains in a little vegetable oil with a pinch of salt and add 3 cups of water. Bring to a boil, lower to a simmer, and cook for 40 minutes. If using white rice, which cooks in half the time, start it later, when the beans come to a simmer.



To prepare the beans: Warm the oil in a heavy-bottomed pot or Dutch oven. Add the onions and garlic along with the salt and sauté for about 5 minutes. Add the coriander and cumin and cook for another 5 minutes, stirring to prevent sticking, until the onions are translucent. Stir in the black beans and their liquid, the orange juice, and the pepper and bring to a boil. Reduce the heat to a simmer, cover, and cook for 20 minutes. Stir intermittently and scrape the bottom of the pot if needed.

If using white rice, start it at this point so that it and the beans will be done at about the same time.

While the rice and beans cook, make the corn salad: Preheat the broiler. In a medium bowl, toss the corn kernels with the oil, cumin, and salt. Spread out in an even layer on a baking sheet and broil for 5 to 10 minutes, until the kernels just begin to pucker and turn brown. Return the corn to the bowl. Add the radishes and scallions and toss with the lime juice. Set aside.

Make the dressing: Put all the ingredients into a blender and purée until smooth.

Divide the rice among four shallow bowls. Position each of the other components next to one another on the rice. Pour a ribbon of dressing over each bowl, and sprinkle generously with chopped fresh cilantro.

#### SERVING

You might also

Pennel and

Spinach Salad

The ideal dish

Rich Vegetables

or whole grains

# ENCHILADAS

An enchilada is a soft corn tortilla wrapped around a filling and baked in a sauce. Usually the filling is plain (cheese, chicken, or beef) and bland, while the sauce is traditionally the spicier element.

Enchiladas are easy to assemble, once the filling and sauce are prepared and the tortillas are pre-moistened. The recommended procedure for putting together an enchilada dinner is as follows:

- (1) If you are using frozen tortillas (and most corn tortillas do come in frozen form), take them out of the freezer ahead of time to give them plenty of time to defrost. Defrost them fully wrapped, to prevent their drying out.
- (2) Prepare the filling(s).
- (3) Prepare the sauce.
- (4) Pre-moisten the tortillas.
- (5) Assemble the enchiladas by placing approximately  $\frac{1}{2}$  cup of filling on one side of each tortilla and rolling it up. Pour a small amount of sauce into a shallow baking dish, place the enchiladas on top, and pour the remaining sauce over. Cover with foil, and bake for 30 minutes in a  $325^{\circ}\text{F}$  oven.

Here are several ways to pre-moisten tortillas (necessary to encourage greater flexibility):

- (1) Sauté them very briefly on each side in hot oil. (very briefly" means approximately 10 seconds on each side.) OR:
- (2) Dip them briefly in the sauce. ("briefly" means one dunking, not a bath.) OR:
- (3) Dip them just as briefly in water (least desirable, however easiest).

The following 3 pages contain recipes for some unusual enchilada fillings (not so plain...) and for 2 sauces. . . . . →

## Zucchini and Pepper

Preparation time: 30 minutes

2 Tbs. olive oil  
2 medium-sized cloves of garlic, crushed  
1 cup minced onion  
 $\frac{1}{2}$  tsp. salt  
1 cup minced green bell peppers  
 $2\frac{1}{2}$  cups diced zucchini (about 2 smallish zukes)  
 $\frac{1}{2}$  tsp. each: cumin, oregano, basil  
cayenne and black pepper, to taste

1 cup (packed) grated sharp cheddar cheese

- (1) In a large, heavy skillet, sauté the garlic and onion in olive oil, with salt.
- (2) When the onions are soft (after 5 or so minutes), add the peppers, zucchini, and herbs. Stir, and continue to cook over medium heat another 5-8 minutes, or until the zucchini is just barely tender.
- (3) Remove from heat, and stir in the cheese. Allow to cool at least to room temperature before filling enchiladas.



## Avocado and Cashew:

Preparation time: 10 minutes

2 medium-sized avocados (perfectly ripe)  
juice from 1 moderately-proportioned lemon  
4 finely-minced scallions (greens and whites)  
 $\frac{1}{2}$  cup finely-minced fresh parsley  
1 cup finely-chopped cashews, toasted  
 $\frac{1}{3}$  cup sour cream or firm yogurt  
(optional: 1 medium clove of garlic, crushed)

- (1) Mash the avocados until they are a smooth unit. Add the lemon juice immediately, thus preventing the smooth unit from turning brown.
- (2) Add remaining ingredients, and mix well.




# Healthy Vegan Strawberry Rhubarb Salad

[Nisha Vora](#)

A delightfully unexpected salad that's perfect for summer picnics, barbecues, and al fresco dining! Rhubarb is quick marinated in maple syrup and citrus, and married with strawberries, peaches and fresh herbs, making this a lovely sweet-tart combo.

★★★★★ 5 from 6 votes

			
PREP TIME		TOTAL TIME	
35 mins		40 mins	
			
COURSE	CUISINE	SERVINGS	CALORIES
<a href="#">Appetizer</a> , <a href="#">Lunch</a> , <a href="#">Side Dish</a>	New American	4 to 8	222 kcal

## INGREDIENTS

- 3 rhubarb stalks
- 2 tablespoons pure maple syrup
- 1 small orange, zested
- 1 tablespoon freshly squeezed orange juice
- 1 tablespoon freshly squeezed lemon juice
- 1/4 cup almonds\*
- 1/4 cup hazelnuts\*
- 1 pound (454g) fresh strawberries
- 1 pound (45g) peaches (about 3 medium peaches)
- 1/4 cup mint leaves, thinly slivered
- 1/4 cup basil leaves, thinly slivered

## INSTRUCTIONS

1. Slice the ends off the rhubarb stalks. If any stringy peel starts to come off, discard the peel. Finely dice the rhubarb into bite-sized pieces.
2. In a large bowl, toss the diced rhubarb with the maple syrup, orange zest, orange juice, and lemon juice. Allow to marinate for 30 to 60 minutes (I recommend leaving it in the fridge if your

kitchen is quite warm).

3. Meanwhile, preheat oven to 350°F/177°C. Spread the hazelnuts and almonds on a baking sheet and toast for 8-10 minutes, until golden brown. Once cool, finely chop the nuts. Alternatively, you can toast the nuts in a skillet over medium heat and toss occasionally until golden brown.
4. Meanwhile, de-stem the strawberries, then slice into quarters. Slice the peaches into wedges. You can leave the peel on or off (refrigerating peaches makes it easier to slice ripe peaches).
5. Toss the quartered strawberries, sliced peaches, slivered mint and basil, and the toasted nuts with the marinated rhubarb. Taste for seasonings and adjust accordingly.

## NOTES

---

\* You can use either just almonds alone or just hazelnuts alone.